

CLAIMS

1. An exercise device comprising at least two chambers in fluid communication with each other, means for introducing fluid into at least one of the chambers and variable resistance means to hinder the flow of fluid from one chamber to the other whereby application of pressure to one chamber is required to cause movement of fluid from that chamber to the other chamber.
2. An exercise device as claimed in claim 1 wherein the fluid is air being introduced into a chamber by a valve.
3. An exercise device as claimed in claim 1 or claim 2 wherein the two chambers are formed from a single chamber substantially divided in two by the provision of two or more dividers between the two chambers, a gap being provided in each divider for the passage of fluid therethrough.
4. An exercise device as claimed in claim 3 wherein the dividers are provided with gaps at different points along their lengths.
5. An exercise device as claimed in claim 4 wherein the gaps are provided at opposing ends of the dividers.
6. An exercise device as claimed in claim 3, 4 or 5 wherein three dividers are provided between the two chambers, the central divider having a gap for the passage of fluid at the opposite end to the dividers either side thereof.

7. An exercise device as claimed in any one of the preceding claims wherein a variable resistance valve is provided between the two chambers.
8. An exercise device as claimed in any one of the preceding claims wherein the device is formed from a 200 micron laminate PVC.
9. An exercise device as claimed in any one of the preceding claims wherein the material of the device is such that advertising material can be printed thereon or affixed thereto.
10. An exercise device substantially as hereinbefore described and with reference to Figures 1 and 2 or 3 of the accompanying drawings.

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